

Thyme Saver CSA: Recipes & News for October 31, 2017

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This Week's Box, How to Store It, How Long Will It Last?

- Broccoli (Crisper drawer, 5-7 days)
- Acorn Squash (Counter, 1 week +)
- Lettuce (Crisper drawer, 3-5 days)
- Macintosh Apples (Crisper drawer, 1 week+)
- Cabbage (Crisper drawer, 5-7 days)
- Leeks (Crisper drawer, 5-7 days)
- Sweet Potatoes (L Only) (Counter, 1 week+)
- Carrots (L Only) (Crisper drawer, 5-7 days)
- Pears (L Only) (Crisper drawer, 1 week+)
- Arugula (L Only) (Crisper drawer, 3-5 days)
- Lemon Verbena (wrap in damp paper towel, put in open Ziploc bag in the fridge, 3-5 days)

Questions? Contact our CSA Program Manager, Jenny: thymesaver@stokesfarm.com

Acorn Squash w/ Yogurt, Honey & Pecans

(adapted from Ambitious Kitchen)

INGREDIENTS

- 1 medium acorn squash
- 1 teaspoon coconut oil
- 1/2 teaspoon cinnamon
- 2 teaspoons brown sugar
- 1 cup nonfat plain greek yogurt, divided
- 2 teaspoons honey
- 2 tablespoons chopped pecans

INSTRUCTIONS

Preheat oven to 400 degrees F. Line a baking sheet with foil. Cut acorn squash in half lengthwise and scrape out seeds. Place halves facing up on foil-lined baking sheet. In a small bowl, mix together coconut oil and cinnamon. Use your fingers to rub each half of the flesh of the acorn squash with the coconut oil and cinnamon mixture. Place 1 teaspoon of brown sugar in the middle of each half and rub into the squash. Bake for 45 min-1 hour or until squash is fork tender. Once squash is done, allow to cool for 5-10 minutes then place on plates or put in tupperware if you are planning to enjoy this later. When ready to serve, make sure squash is warm then scoop 1/2 cup yogurt into each squash half. Drizzle each with a teaspoon of honey and pecans.

Braised Red Cabbage with Apples

(adapted from *The New York Times*)

INGREDIENTS

- 1 large red cabbage, 2 to 2 1/2 pounds, quartered, cored and cut crosswise in thin strips
- 2 tablespoons canola oil
- 1 small onion, thinly sliced
- 2 apples, peeled, cored and sliced
- About 1/3 cup balsamic vinegar
- 1/4 teaspoon ground allspice
- Salt
- freshly ground pepper to taste

INSTRUCTIONS

Prepare the cabbage, and cover with cold water while you prepare the remaining ingredients. Heat the oil over medium heat in a large, lidded skillet or casserole, and add the onion. Cook, stirring, until just about tender, about three minutes. Add 2 tablespoons of the balsamic vinegar and cook, stirring, until the mixture is golden, about three minutes, then add the apples and stir for two to three minutes. Drain the cabbage and add to the pot. Toss to coat thoroughly, then stir in the allspice, another 2 tablespoons balsamic vinegar, and salt to taste. Toss together. Cover the pot, and cook over low heat for one hour, stirring from time to time. Add freshly ground pepper, taste and adjust salt, and add another tablespoon or two of balsamic vinegar as desired.

Braised Chicken with Lemon Verbena

(adapted from Place at the Table)

INGREDIENTS

- 8 leaves of lemon verbena
- 4 small sprigs of fresh oregano
- 4 chicken thighs, skin on
- Kosher salt
- Cracked black pepper
- 2 tbsp olive oil
- 2 cups chicken stock or broth
- 2 tbsp butter
- 2 shallots, finely chopped
- 3 heaping tsp, all purpose flour
- 1 cup heavy cream

INSTRUCTIONS

Stuff herbs underneath the skin of each thigh. Salt and pepper both sides. Heat olive oil in a large enameled cast iron pot to medium high. Place chicken thighs in pot skin side down for 4-5 minutes until seared to a golden brown. Flip chicken and sear for 2-3 minutes. Remove chicken. Add 1/2 cup stock and use a wooden spoon or spatula to scrape the fond from the pot surface. Return chicken to pot skin side up and add remaining stock. Turn heat to low, cover the pot with lid and simmer for 20 minutes. Remove chicken to a plate and cover with aluminum foil pour braising stock into a bowl to reserve. Melt butter on medium heat in the pot and add shallots. Stir until softened. Add flour and stir until flour is absorbed and begins to clump around the shallot. Add 1 cup reserved stock and stir until thickened. Whisk in cream and heat through. Serve gravy on chicken, mashed potatoes or white rice.

Carrots & Leeks

(adapted from *Epicurious*)

INGREDIENTS

- 3 medium leeks (white and pale green parts only)
- 3 tablespoons unsalted butter
- 1 lb carrots, cut diagonally into 1 1/4-inch pieces

- 1 1/4 cups water
- 1/2 cup red-wine vinegar

INSTRUCTIONS

Halve leeks lengthwise, then cut crosswise into 1-inch pieces and wash. Sauté leeks in butter with 1 teaspoon salt and 1/2 teaspoon pepper in a 12-inch heavy skillet over medium-high heat until softened, 5 to 6 minutes. Stir in carrots, water, and vinegar. Cook, covered, over medium-high heat until carrots are tender, 20 to 25 minutes. Boil, uncovered, until liquid has evaporated, 3 to 5 minutes.

Carrot Pancakes with Salted Yogurt

(adapted from *Epicurious*)

INGREDIENTS

- 4 large eggs, beaten to blend
- 1 pound carrots (about 8 medium), peeled, coarsely grated
- 1/3 cup chopped fresh cilantro
- 1/4 cup chickpea flour
- Kosher salt and freshly ground black pepper
- 3 tablespoons (or more) olive oil, divided
- 1 cup plain whole yogurt
- 1 cup arugula
- 1 tablespoon fresh lemon juice
- Flaky sea salt (such as Maldon)

INSTRUCTIONS

Mix eggs, carrots, cilantro, and chickpea flour in a large bowl (mixture will be loose); season with kosher salt and pepper. Heat 2 Tbsp. oil in a large skillet, preferably cast iron, over medium-high heat. Scoop two 1/2-cupfuls of carrot mixture into skillet, pressing each to 1/2" thickness. Cook, rotating skillet occasionally for even browning, until pancakes are golden brown, about 3 minutes per side. Transfer to paper towels to drain. Repeat to make 2 more pancakes, adding more oil to skillet if needed. Meanwhile, season yogurt with kosher salt and pepper. Toss greens with lemon juice and remaining 1 Tbsp. oil; season with kosher salt and pepper. Serve carrot pancakes with salad and salted yogurt, seasoned with sea salt and more pepper.